

Welcome to the 2013 Coordinated School Health Summit



“All in for Health & Academic Success”!

Coordinated School Health Unbridled Talks

“All in for Health & Academic Success”!



Kentucky Public Health
Prevent. Promote. Protect.



**KENTUCKY
SHAPE**
COORDINATED SCHOOL HEALTH



All in for Health and Academic Success!

Health Promotion for Staff

**Cara Blackmon, District Assessment
Coordinator & District Coordinated
School Health Chair,
Bardstown Independent Schools**



Bardstown Coordinated Health Council

**Healthier Employees
are
Better Health and
Wellness Educators**



Needs/Priorities as Identified by Employees

1. Weight management
2. Stress management
3. Knowing numbers of BP, cholesterol, glucose, BMI
4. Money and Time were barriers for exercising and educating on nutrition and lifestyle changes.



12 PTS
Bronze
400 pts until Silver



Humana Vitality



ZUMBA!





Our Employee Wellness Includes

- Health Topics covered in faculty meetings every month – which connects to the other components of CSH!!!
- Vitality sign-ups for employees with state Health Insurance policy
- Continuation and expansion of Zumba classes
- Sponsorships and support for running and walking events with employee participation
- Partnering with Kentucky Cancer Project to host tobacco cessation forums on-site



